



**Nature Travels**  
outdoor experiences in Sweden



## ROGEN WILDERNESS CANOE EXPEDITION - 8-14 DAYS

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# Rogen Wilderness Canoe Expedition

## Experience code: TS814CS1

*Rogen Wilderness Canoe Expedition is a challenging self-guided wilderness canoe tour in the remote mountain region of Rogen Nature Reserve in north-west Sweden, beginning on the Swedish side of the border and crossing over to the Femundsmarka National Park in Norway to end at a choice of two finish points on the Norwegian side.*

*For those with previous experience of paddle tours, extensive experience of the outdoors and a good level of fitness and strength, Rogen Wilderness Canoe Expedition offers extended canoe touring through a stunning landscape of lakes, islands, peninsulars and bays. The area is also well-known for its grayling and trout fishing – a marvellous way to supplement your camping provisions!*

*Starting with a lift of around 700m to the launching point, your canoe expedition continues down to Stortandsjön ("Large Tooth Lake"). Many choose to allow a couple of days here to explore the area, perhaps leaving the canoes for a while to hike to the lakes of Bredasjön and Våndssjön.*

*You make your way west and into Norway, planning your own route and distance covered each day, camping wild along the way. There are also wind shelters at certain points in the park, at which you are welcome to overnight if unoccupied. These spots also have fireplaces, where you are permitted to make a fire.*

*We recommend that you allow plenty of time to cross from the western shore of Lake Rogen down to Femunden – this is a very challenging stretch of the tour. Between Nedre Roastan and the Röa river, the going is steep with long carries over rocky terrain but is interspersed with glorious paddling on sections of calm water.*

*For the last section of your canoe tour, you can choose one of two possible routes – north along Lake Feragen to be collected on the northern shore, or west through a beautiful network of small lakes to end at Röros.*

*There are two portages of approx. 700m and 500m required for this tour in addition to a large number of other land transports over steep and uneven terrain, and at times you will almost be climbing with the canoe. There are also many sections of rapids at which you must take the canoes and equipment out of the water with land transports of up to 2km required.*

*Rogen Wilderness Canoe Expedition is a tough but very rewarding paddle tour in a stunning and remote area – an ideal choice for the experienced outdoor enthusiast and a tour to give a lifetime of memories!*

### **Day 1:**

Meet at the canoe centre at 13.00 for information meeting. Transfer to the start point approx. 14.00. Your paddle adventure begins in Käringsjövalen with a long carry of around 700m to a series of lakes known as the West Wings. The path is well-marked and goes over stoney terrain with some boardwalks. You will normally need to walk this stretch twice – once with your rucksacks and packing and the second time carrying canoe, buoyancy aids and paddles. There is a jetty ideal for launching your canoe.

### **The Rest of the Tour:**

We recommend using the first day of your tour to explore the many bays of the lake system and become acquainted with the terrain, the equipment and the distance you can reasonably be expected to cover in a particular time. There are one or two lean-to

shelters in the area where you can spend the night and also make a fire. This is also an excellent area for pike and grayling fishing.

From here to reach the larger Lake Rogen requires a carry of around 500m to the lake at Tandsjön, followed by shorter stretches of paddling and carrying to reach the larger lake of Rogen, offering marvellous paddling through small sections of rapids (normally max. grade 1) and flat water.

Once out onto the lake, we recommend you head west, perhaps via Käringsjön and all the small islands to Rödviken by Bustvålen and there prepare yourself for the challenges of crossing over towards Femunden. You may wish to take a day to hike to the top of one of the peaks in the area – the possibilities are endless!

This is very remote area, with large stretches of completely pathless terrain, with no walkboards and no waymarkings. We recommend allowing 2-3 days for this stretch, a landscape of long cliffs and rocky terrain.

### **IMPORTANT: Rapids on the Röa Älv**

Under no circumstances should you paddle any part of the rapids along the Röa Älv (Röa River), a stretch of around 6km. The canoes and all equipment must be taken out of the water and carried, requiring portages of 2km or more in a single stretch. You should allow 2 days for this part of the tour. The number and length of land transports required during this section will vary depending on water levels, weather conditions and time of year. While it may be possible to paddle on some sections of still water between the rapids, if choosing to do this, you must scout ahead on foot beforehand to check carefully where to take the canoes out of the water. It is often not possible to judge when on the river when you are approaching a section of rapids. Although some stretches of rapids may begin at fairly low grade, many end in challenging whitewater and waterfalls. The river is grade 2-5. The canoes and buoyancy aids are not intended for use in these conditions under any circumstances and you must exercise extreme caution during this part of the tour.

### **OPTION 1: End point in Feragen**

Once at the Röa estuary, the tour continues along Femunden's eastern shore towards Nordvika. The water in Lake Femunden and Lake Feragen later in the tour can very easily and very quickly become rough in windy weather. You must stay close to land when paddling here.

**NB:** Depending on weather and wind conditions, it can take much longer than anticipated to paddle Lake Femunden and Lake Feragen. You must plan your itinerary to include contingencies for delays to ensure you reach the end point at the agreed time.

### **OPTION 2: End point in Röros (most challenging option)**

Once at the Röa estuary, the tour continues along Femunden's eastern shore towards Nordvika. The water in Lake Femunden can very easily and very quickly become rough in windy weather. You must stay close to land when paddling here.

**NB:** Depending on weather and wind conditions, it can take much longer than anticipated to paddle Lake Femunden. You must plan your itinerary to include contingencies for delays to ensure you reach the end point at the agreed time.

The last days of your tour offer easy paddling with no extended portages. This option is suitable for those who have a little extra time to spend out in the wilderness. We recommend you plan to reach the end point in Röros with at least a couple of hours to spare to look around the village.

**Pick-up Day:**

Pick-up at the end point in Röros at 12.00 or Feragen at 12.30 (depending on tour chosen) to be back in Funäsdalen around 14.00.

**Fishing:**

The area in which this canoe tour takes place offers excellent fishing. Using fly-fishing or spin-fishing techniques, large trout, grayling and pike may be caught. Each year perch weighing more than 1.5 kg are caught. Fishing licences covering the areas in which you plan to paddle can be purchased from the canoe centre on arrival. Fishing equipment is available to hire – see "Optional extras" below.

**Dates for 2010 season:****Start:**

Mondays, Wednesdays or Fridays between 15<sup>th</sup> June and 15<sup>th</sup> September\*. Meet at canoe centre at 13.00 for information meeting and transfer to start point.

*\*Note that if choosing a tour in the middle/latter part of September, you should be prepared for lower temperatures and the possibility of some early season snowfall.*

**Duration:**

Your start and end days must be Monday, Wednesday or Friday. You can also choose to extend your tour to longer than the recommended durations below for an additional charge. Please see "Optional extras" below.

**Option 1: (end Feragen)**

Recommended duration 8-12 days. Provided weather conditions are suitable, this route can be completed in 8 days. However, we recommend you add additional days to allow for delays due to weather and wind and other variations to your planned itinerary. For average participants, we recommend 10-11 days, with drop-off/pick-up + 7 days' paddling + 3 days for hiking, contingencies, etc.

**Option 2: (end Röros)**

Recommended duration 10-14 days. Provided weather conditions are suitable, this route can be completed in 10 days. However, we recommend you add additional days to allow for delays due to weather and wind and other variations to your planned itinerary. For average participants, we recommend 12-13 days, with drop-off/pick-up + 9 days' paddling + 3 days for hiking, contingencies, etc.

During your canoe adventure you will need to take into account factors such as weather conditions, your varying energy levels and personal preferences, and must be prepared to be flexible and adapt your plans accordingly.

**NB:** *Please note that, while there is a choice of possible durations for this experience, the number of days must be decided in advance at time of booking. If you change pick-up arrangements during your tour, you will incur additional charges for custom transfer. You must plan your tour to ensure that you are at the pick-up point at the agreed time.*

**End:**

Mondays, Wednesdays or Fridays between 15<sup>th</sup> June and 15<sup>th</sup> September. Pick-up at the end point in Röros at 12.00 or Feragen at 12.30 (depending on tour chosen) to be back in Funäsdalen around 14.00.

## Price:

### **Option 1: (end Feragen)**

£186/tour per two persons for 8 days. Additional days £10/person/day.

### **Option 2: (end Röros)**

£272/tour per two persons for 10 days. Additional days £10/person/day.

For odd-numbered groups, the additional person will travel as part of a group of three in one canoe (with additional seat) and receive an extra buoyancy aid and paddle. Price for additional person £28/tour. It is not possible for odd-numbered participants to paddle their own canoe due to the land transports involved in this tour.

Example total prices for three persons:

- Option 1 (end Feragen): £186 + £28 = £214
- Option 2 (end Röros): £272 + £28 = £300

## What The Price Includes:

### **Accommodation:**

Accommodation is wild camping. There are also wind shelters at certain locations. If these are unoccupied, you are welcome to use these for overnight stays. Wind shelters are also the only locations at which you are permitted to light a fire. Wood is supplied.

### **Equipment:**

- Canadian canoe, 2-3 persons
- Paddles
- Buoyancy aids

### **Tour information:**

Information on route possibilities, local points of interest, facilities, security information, suggested day hikes, recommendations for overnight spots, etc, is provided.

### **Transport:**

Return transfer from the canoe centre to the start/end point for the tour.

## What The Price Does Not Include:

### **Maps/route description:**

The tour is self-guided and you will plan your own route based on available time, level of experience and fitness, and local weather conditions. The tour cannot be done without maps, which should be hired (see Optional Extras below) or purchased independently.

The maps required are:

### **Option 1 (end Feragen):**

- Swedish Mountain Map Series Z59 Rogen 1:50,000
- Røa 1719:1
- Brekken 1720:2

### **Option 2 (end Röros):**

- Swedish Mountain Map Series Z59 Rogen 1:50,000

- Røa 1719:1
- Narbuvoll 1719:4
- Røros 1720:3

Maps can be purchased from [www.themapshop.co.uk](http://www.themapshop.co.uk). Please mention Nature Travels when purchasing your maps.

**Meals:**

There is no food included. You must bring all food needed during the tour with you from the beginning. There is a food store in Funäsdalen. There is one cabin within the reserve near the start of the tour with a small provisions store open during July and August. However, you must not rely on this for essential provisions, as the cabin may not be open during your tour or stocks may be limited.

**Optional extras:**

**Map package:**

If you do not wish to buy maps for your tour, a map package is available to hire which includes all maps required. You will then collect this along with your other canoe equipment on arrival.

Price: £28/set of maps

**Tent hire:**

High quality Bergans tents are available to hire, in 2-person, 3-person or 4-person sizes. Please note that, like all tents rated for example 4 persons, the tents are most comfortable for 3 adults. However, you should bear in mind that a number of challenging land transports are required for this tour and weight carried should be kept to a minimum. The tents have inner tent and mosquito netting.

8-day tour: £67/tent

9-day tour: £73/tent

Additional days: £4/tent/day

**Cooking equipment:**

Trangia camping stove is available to hire (stove and utensils supplied may differ from those pictured below):



8-day tour: £34/stove

Additional days: £4/stove/day

Please note that fuel is not included. Fuel can be purchased from the canoe centre on arrival.

**Fishing equipment:**

8-day tour: £34/rod

Additional days: £4/rod/day

**Canoe insurance:**

When collecting your equipment in Sweden, you will be given the option to purchase canoe protection insurance. You are responsible for ensuring that your canoe and other equipment is returned in the same condition as when collected. Canoeing in Rogen requires a number of land transports over uneven and rocky terrain and canoes and other equipment can be easily damaged.

We therefore strongly recommend that you choose this option. Canoe insurance costs 40 SEK/canoe/night (about £4) and limits excess for damage to your canoe to 1000 SEK (about £93). Payment to be made locally on arrival. If you do not purchase insurance and damage your canoe, you may be required to pay the purchase price of a new replacement. Please note that canoe insurance covers canoe only.

**Equipment/clothes needed:**

*NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.*

Pack your belongings in waterproof bags. Because of the land transports involved in this route, it is necessary for you to pack your belongings in a rucksack, since equipment cannot be carried in the canoe during portages.

It is very important that you are properly equipped for a self-guided tour in a remote wilderness region. However, bear in mind that a number of challenging land transports are required and therefore that weight is at a premium. Do not overpack unnecessarily.

Temperatures during the summer months are average low (nighttime) around 5 degrees C, average high 16 degrees C, though temperatures may of course be lower depending on weather conditions.

**Packing list (recommended):**

**NB! Toilet waste:** It is very important to bring a trowel or small spade for burying toilet waste. This experience features wild camping all along the route. Instructions on disposal of toilet waste will be included in the information provided after booking.

**Toiletries:**

- first-aid kit
- soap and toothpaste
- sun cream
- blister tape
- mosquito repellent (see the "About Sweden" page on our website for further information about mosquitoes)

Please ensure that items such as soap and toothpaste are fully biodegradable. A hat with mosquito netting or similar face covering can also be useful in the evenings at times when mosquito numbers are highest.

**Clothes:**

Take clothes you are not afraid to damage. Quick-drying materials are best. Bear in mind that jeans and sweatshirts are difficult to dry.

- boots (must be sturdy with good ankle support for land transports and hiking over uneven terrain)
- gaiters

- sandals/footwear for use in water and when paddling
- underwear
- base layer (long-sleeved and long-legged)
- socks, including warm socks
- mid-layer/fleece
- t-shirt/shirt
- hat
- gloves
- trousers
- shorts/bathing wear
- rainproof jacket and trousers
- something to sleep in

**Equipment:**

- tent (if not hired as optional extra)
- sleeping bag and mat
- toilet spade
- camping stove and fuel (if not hired as optional extra)
- eating utensils
- sponge and biodegradable washing up liquid
- towel
- map

**Other:**

- rucksack\*
- compass (you must be able to navigate with map and compass for this experience)
- sunglasses
- matches
- waterbottle
- knife
- camera
- binoculars
- fishing equipment
- sufficient provisions
- mobile phone (bear in mind that there is no electricity for charging equipment and that reception may be very limited)

*\*You should have a rucksack of capacity 60-100 litres with waterproof bag inside. It is much easier to plan to carry all personal equipment on your back. Dividing your packing into smaller bags or hard plastic containers is not recommended. Using a rucksack leaves your hands free during portages, making it easier to keep your balance. If total weight becomes too heavy, hike the section twice, once with personal equipment and once with canoes.*

**Health requirements/experience:**

Swimming ability required for all participants. All participation at own risk. Minimum 2 adults required. Minimum age 16.

Rogen Wilderness Canoe Expedition is a very challenging tour. You should be in general good health and have a very good level of fitness and strength.

## **Safety:**

Rogen is an area of wilderness. There are no roads, no shops and no medical facilities. Contact details for local emergency services will be provided with your booking confirmation documentation.

While mobile reception may be possible at certain locations, you may not have reception for large parts of your tour. Emergency communications equipment is available at two cabins within the reserve.

To participate in this tour, it is therefore essential that you have experience of and are comfortable with travelling independently in a remote wilderness environment. This includes, but is not limited to, a practical working knowledge of:

- Map-reading and navigation
- First-aid and outdoor safety
- Wild camping and hillcraft

## **Groups:**

Rogen Wilderness Canoe Expedition is ideal for groups.

## **Information about the area:**

### ***Rogen:***

The Rogen Nature Reserve is a wonderful area for wilderness canoeing - a very special moraine landscape of low mountains, ancient lichen-covered pines and a labyrinth of lakes, peninsulars, bays and islands.

The reserve was created in 1976 to preserve the unique natural heritage of this region. The highest point is Brattriet, at 1276m, with a number of other peaks between 1000m and 1200m.

Rogen is an important area for wildlife, including three of Sweden's largest and most fascinating predators – the brown bear, wolverine and lynx. Otters also inhabit the area and with luck you may see the majestic Golden Eagle and Rough-legged Buzzard circling over the landscape. In wintertime, Rogen is visited by Sweden's only population of musk ox.

### ***Femundsmarka:***

Femundsmarka National Park lies on the Norwegian side, bordering Sweden to the east and Lake Femunden to the west. The park was created in 1971 with an area of 381 square km, increased in 2003 to 573 square km.

More than 10% of the Femundsmarka park is water, with many of the watercourses running from the east into Femunden. The waters are rich in fish, the most important species being trout, Arctic char, grayling, pike, burbot and perch. It is also a very important nesting area for wetland birds.

The highest point in Femundsmarka is Stor Svuka at 1415m. Femundsmarka is Norway's most southerly area of the indigenous Sami people and has been used for reindeer husbandry since the 1600s.

## **Common Sense and the Right of Public Access**

*Do not disturb, do not destroy – that is the basic principle of Sweden’s right of public access. It is not an unrestricted right. Here, you can read about the rules that apply.*

The Swedish right of public access is not a law, nor is it an absolute right. It may rather be regarded as an opportunity, one that makes it possible for everyone to enjoy the countryside. But it is an opportunity that requires responsibility, consideration and good judgement. Rules describing the kinds of consideration that must be shown are incorporated into Sweden's environmental law, and apply to everyone who exercises the right of public access.

### **Respect others' privacy**

You may travel through the countryside on foot, bicycle, horse or skis, and temporarily remain in one place, as long as there is no risk that your presence or activities will damage crops, tree plantations or other sensitive areas. But you must respect the privacy of others, and you may not cross or intrude upon private property.

### **Camping**

It is permitted to set up a tent for a day or so on ground that is not used for agriculture and is far from the nearest dwelling. The closer to a residence and the greater the risk of disturbing others, the more important it is to ask the landowner for permission.

### **Do not litter**

All sorts of littering are forbidden in the countryside. A cigarette butt in a dry summer forest can destroy resources worth millions. Glass, tins and bottle caps harm both humans and wildlife, and plastic bags cause great suffering to animals that ingest them. For this reason, bags full of litter should never be left beside rubbish bin if it happens to be full.

### **Blossoms and berries**

You may not take such items as twigs, branches or bark from living trees, including birches. Obviously, you may not take entire shrubs or trees, either. But you are allowed to pick wild berries, flowers and mushrooms, as well twigs and branches that have fallen to the ground. Certain flower species are so rare that they risk becoming endangered. These species are protected and may not be picked. Information about them is available from county administrative boards. Orchids are protected throughout Sweden.

### **Protected natural areas**

Protected natural areas, including nature reserves and national parks, usually have special rules that restrict the right of public access.

More information on the right of public access can be found on our website under About Sweden or on [www.allemanstratten.se](http://www.allemanstratten.se)

## **Getting there:**

*NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.*

### **By Air:**

You can choose to fly to:

- Stockholm Arlanda (ARN)
- Stockholm Skavsta (NYO)
- Stockholm Västerås (VST)
- Gothenburg Landvetter (GOT)
- Gothenburg City (GSE)

For details of flight connections see [www.naturetravels.co.uk/holidays-in-sweden.htm](http://www.naturetravels.co.uk/holidays-in-sweden.htm). Click on the airport icons to see connections to/from each airport.

Flight buses from Swedish airports into the city can be booked online through us – see [www.naturetravels.co.uk/add-ons-flygbussarna.htm](http://www.naturetravels.co.uk/add-ons-flygbussarna.htm)

Many airlines offer discounts on rental cars in connection with their flights.

#### ***Without flying***

- **London-Funäsdalen by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting train/bus to Funäsdalen.
- **London-Funäsdalen by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg, train to Copenhagen and connecting train/bus to Funäsdalen.
- **London-Funäsdalen by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and connecting train/bus to Funäsdalen. 3-4 departures weekly. For ferry information and booking, see <http://www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm>

#### ***Travel within Sweden:***

**From Stockholm:** Train and bus from Stockholm C to Funäsdalen. Travel time by day train 7-8 hours with changes. Night trains are also available.

Daily coach services between Stockholm and Funäsdalen also run during the summer months, travel time approx. 9 hours. Please contact us for timetable information.

**From Stockholm Arlanda (ARN):** Train and bus from Arlanda C to Funäsdalen. Travel time by day train 7-8 hours with changes. Night trains are also available.

**From Stockholm Skavsta (NYO) or Stockholm Västerås (VST):** Flight bus to central Stockholm (travel time about 80 mins) for onward connections as above.

**From Gothenburg or Gothenburg airports:** Flight bus to central Gothenburg (travel time about 30 mins) for onward train/bus connections from Göteborg C (Gothenburg Central station) to Funäsdalen. Night train will normally be the most convenient option.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see [www.sj.se](http://www.sj.se). Click "In English" in the top right corner. Please note that the most affordable tickets are released 90 days before departure.

If you would like to drive, driving directions will be provided with your booking documentation.

#### **What to do next:**

If you are interested in this experience, please make sure that you understand exactly what the experience entails and are confident that you will be able to take part fully in all activities included in the trip. If you have any doubts or questions, please discuss the matter with us and we will be happy to advise. Similarly, if you have any particular health or dietary requirements that we need to be aware of, please mention these at the time of booking.

If you feel confident that you will be able to take part, then download and read our TERMS AND CONDITIONS. Then, please contact us to make sure that your chosen dates are available, and feel free to ask us anything else you like: we are keen to ensure that your trip is an enjoyable and memorable experience for you – we love Sweden and we want you to too!

For more information on how to book this trip please visit our website [www.naturetravels.co.uk/booking.htm](http://www.naturetravels.co.uk/booking.htm) or call us on 01929 463774